

Name Brand Products

GENERAL MILLS

July 2010

And at the end of this month look for gluten-free Bisquick in your stores! Hamburger Helpers are going gluten free – they have two or three Asian ones, chicken, beef and their cheesy-hash browns are going to be gluten free. General Mills has really been working on their gluten-free lines! (The Chex cereal is also a General Mills product).

May 2010 Progresso does have gluten-free soups – the mushroom may be labeled Classic Creamy Mushroom now – not the Cream of Mushroom name, as not all their soups are gluten-free. In this, and also in all the foods we buy, just be sure to check the label frequently to make sure what you are buying IS gluten free. Read the ingredients often to make sure formulas have not changed. Also Check the website.

February 2010 You may know by now that General Mills has been producing some packaged baking mixes that are gluten free. You can now go to their website, www.liveglutenfreely.com and check out their gluten-free items and gluten-free recipes. They have an arrow you can click on to look at or print off a list of them also. If you do visit their website, take a moment to let them know you appreciate the gluten free foods they offer.

July 2009 The new Betty Crocker gluten-free baking mixes are showing up on store shelves! They can be found in the Meijer stores now.... They are not in with the general baking mixes, but placed further down the aisle in the “organic” mixes section... near the spices. There is a yellow cake mix, devil’s food mix, chocolate chip cookie mix and a brownie mix. They sell for about \$3.99 each. Nancy mentioned that her children’s group tried them – some liked them, some not so much. So you may want to try a couple to see how you like them! Also some of the new Corn Chex gluten-free cereals are showing up on the shelves (they already have been producing gluten-free Rice Chex). It is great to see the large, national companies realizing the growing market for gluten-free food.

HEINZ

May 2009 Heinz website lists their gluten-free items.

KRAFT

October 2008 Appetizers are a big part of the holidays, and Kraft Food website (www.kraftfoods.com) has some great recipes that are naturally gluten free. We sampled two of the Kraft Food dip recipes at the meeting ~ very good!

CAMPBELLS

August 2009 Campbells has methodically gone through and revised their list of which of their products are gluten free as of July 2009. You can check out their list at their website: campbellswithoutgluten.com.

RUIZ FOODS

December 2009 One of our members brought to our attention that the food company, Ruiz Foods, has gluten-free options. They state they package their products under two brand names: El Monterey and Tornados. Their Cheese Enchilada Dinner and their Spicy Beef Enchilada Dinner are both gluten free. (They also have two food items that are gluten free only at Costco: Chicken Corn Taquitos and Beef Corn Taquitos.). For more information, their phone number is 1-559-591-5510.

Stoneyfield Farms

September 2008 Stoneyfield Farms has a list on their website of their products that are gluten free and they are also putting a gluten free stamp on the containers. Next time you shop for yogurt, check out the Stoneyfield Farms containers to see that.